

# **Wheat Products**

## **Bulgur**

Bulgur is man's oldest recorded use of wheat. Bulgur is made by soaking and cooking the whole wheat kernel, drying it and then removing part of the bran and cracking the remaining kernel into small pieces.

Its uses are numerous from salads to soup, from breads to desserts. It is a nutritious extender and thickener for meat dishes and soups. Bulgur will absorb twice its volume in water and can be used in place of rice in any recipe.

Bulgur is convenient since it can be either soaked in water or cooked to be edible.

## **Wheat Germ**

The germ of the wheat kernel is often added to baked goods, casseroles and even beverages to improve the nutritional value and give a nutty, crunchy texture. The protein quality of wheat germ is very comparable to that of milk. One-fourth cup of wheat germ contains about 110 calories.

## **Wheat Bran**

The bran is the outer layer of the wheat kernel, often used for animal feed. It also makes a nutritious addition to baked goods, because it is a good source of fiber and is high in B vitamins, protein and iron.

## **Wheat Berry**

The wheat berry is another name for the wheat kernel. The cooked whole kernel can be used as a meat extender, breakfast cereal or as a substitute for beans in chili, salad and baked dishes.

## **Cooking Whole Wheat Berries**

Add 1/2 cup washed untreated wheat berries to 3 cups boiling water. Reduce heat; simmer 3 to 4 hours, or until tender. Season with 2 tablespoons margarine or butter and 1-teaspoon salt.

## **Commercial Cereals**

Many commercial cereals on the market are made from wheat and can be eaten as a snack, breakfast cereal or added to baked products. Ready-to-eat cereals

can also be used as coatings for meats, toppings for casseroles and extenders for meat loaves and casseroles.

A variety of ready-to-eat wheat cereals are available. The wheat may be shredded, puffed, flaked or rolled. The bran may be in the form of flakes or granules.

Bran cereals are a nutritious addition for muffins, breads, biscuits and other baked goods and an excellent source of fiber in the diet.

### **Cracked Wheat**

Cracked wheat is very similar in nutrition and texture to bulgur. It is the whole kernel broken into small pieces, but has not been pre-cooked and dried. Cracked wheat can be added to baked goods for a nutty flavor and crunchy texture. Only a small proportion of cracked wheat can be used in breads, because it is very sharp and will cut gluten strands.